



## Seven Sisters Park & Protected Area



Seven Sisters Park was officially designated in 1999. The park is 27,200 hectares in size, encompassing the major peaks in the area as well as the upper reaches of several adjacent valleys. Seven Sisters Protected Area was established in 2001 to include an additional 12,006 hectares on the lower slopes where mushroom picking is accommodated. This handout provides a map of the entire area.

A Management Plan for Seven Sisters Park and Protected Area has been developed with input from local residents and stakeholder groups. It was approved in the spring of 2003 and provides direction for managing all activities within the park and protected area, including recreational use. The Management Plan can be viewed in full detail via the internet at the BC parks website provided at the end of this handout.

### Recreational Access

A variety of trails and old roads provide access to the park and protected area for various recreational activities. The most common methods of access are identified in this handout, along with suitable routes for various types of recreation, and areas where motorized access is permitted or prohibited.

#### Hiking / Backpacking:

A number of trails and old roads are suitable for access on foot, and are identified on the attached map. The routes listed here are those currently in good condition and most easily accessed from Hwy 16:

**Watson Lake Trail** – An easy 3 km hike (200m elev. gain) on a scenic, well maintained trail that passes three small lakes with picnic sites and fishing. The trailhead and parking is located on a stretch of old Hwy, 2 km south of Hells Bells Creek.

**Whiskey Creek Trail** – A 7.2 km trail that starts out relatively level and traverses pleasant mature forest for the first 3 km before crossing Whiskey Creek then ascends steeply through mixed forest types to join up with the upper reaches of the creek below a headwall and glacier, providing spectacular scenery and access for mountaineering. The trailhead and limited parking is located at an old rock pit just east of Gull Ck.

**Oliver Creek Trail** – An old mining road that begins behind a gravel pit on Hwy 16, about 6 km north of Oliver Ck. It is 17 km long and climbs 1500 metres over its entire length, passing through wide a variety of forest types and ending in a spectacular alpine basin. It is ideal for overnight backpacking trips, connecting with both Flint Creek and Coyote Creek roads and passing two old trapper cabins.

#### Summer Motorized Access:

The use of ATV's, dirt bikes or any other motorized vehicles is prohibited on all trails and most roads within Seven Sisters Park and Protected Area due to the high potential for damage to vegetation. **Oliver Creek Trail and the "cat track" connecting it to the Flint Creek Road are closed to motorized use in the summer.** Previous impacts to wet meadow ecosystems in the sub-alpine meadows pictured below are the primary reason for this closure.



An aerial view of the meadows taken prior to restoration efforts in 2002 shows extensive damage caused by motorized activity

There are several options available for those who wish to access this area using motorized transportation. **The Coyote Creek Road and the main portion of the Flint Creek Road provide access to the edge of Seven Sisters Park and Protected Area and have no restrictions on motorized use. The Meanskinisht Road lies within the Protected Area and is currently designated for multiple use, including motorized vehicles.** The recreational access map on the reverse side depicts the various trails and roads that provide access to Seven Sisters Park and Protected Area and identifies where summer motorized access is permitted.



Sub-alpine wet meadows occurring along the Oliver Creek Rd are both scenic and sensitive.

#### Winter Motorized Access:

A portion of the park and protected area has been zoned in order to provide the opportunity for recreational snowmobiling in an alpine bowl located in the upper reaches above the **Oliver Creek Trail**. Generally the use of snowmobiles in Provincial Parks is prohibited. BC Parks has allowed for this activity to continue in this area, providing it is contained within the designated zone and does not negatively impact conservation values or spread into the rest of the park backcountry, where it is prohibited. Access to this area is provided via the connection of the **Flint Creek Road and Oliver Creel Trail**, which is gated, but will be left open in winter.

#### Mountain Biking / Horseback Riding:

Mountain bikes and horses have not been used extensively to access Seven Sisters Park and Protected Area in the recent past. Currently, mountain bikes and horses are permitted on the **Oliver Creek Trail** only. This access may be closed in the future if it results in damage to vegetation.

### For More Information

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